

Diabetes In Your School

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Management

Diabetes is an Epidemic

- Over 18 million people have diabetes
- Another 41 million adults ages 40 to 74 have pre-diabetes



Many More Students will experience Diabetes

- Obesity epidemic
- Diabetes on the rise among teens
- Global diabetes increase
- Decreased activity
- School vending machines



Diabetes is in Our Families

- Family history as a predictor
- Family exercise patterns
- Environment of family health practices
- The family that eats together.....

Diabetes in your athlete

- Athletics burns a lot of carbohydrates
- Balance is the key
- Knowing the limits
- Watch for anorexia
- Exercise only when the blood glucose is within range of 100-250mg/dl

ADA Guidelines for Diabetes Self-Management

- Regular Glucose monitoring
- HgA1c test every 3 months if abnormal or changes or every 6 months if stable
- Wt, BP, Foot exam at each appt
- Yearly eye exam (with drops)
- Dental exam twice a year

Hypoglycemia

- Low blood sugar
- Hunger, shakiness, weakness, pale, blurred vision, increased heart rate, change in behavior, sweating, anxiety, dilated pupils
- Treatment: 4 oz juice, 2-3 glucose tabs, 1 tube glucose gel, 4-6 hard candies, 1-2 T honey, 6 oz regular soda

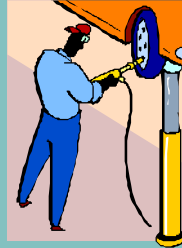
Hyperglycemia

- Too much sugar in the blood but the cells are starving
- Lack of concentration, frequent urination, flushed skin, sweet or fruity breath, dry mouth, vomiting, stomach cramps, confusion, unconsciousness
- Treatment: water, activity, glucagon if necessary

Other Considerations for those with Diabetes

- Know the routine habits of those around you
- Keep stress to a minimum
- Allow for glucose testing
- Watch for mood changes
- Blood glucoses out of range can hamper academic learning

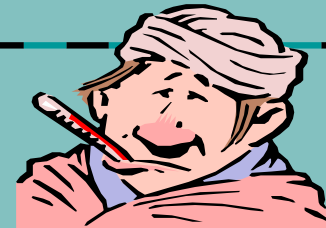
Everyone with Diabetes is Different!



Challenges

- Monitoring schedule
- Keeping doctor appointments
- Skin care
- Dental care
- Eye care
- Fast food industry
- Rest/Sleep

Sick Day Guidelines



- Being sick, sends the blood glucose very high
- Hormones released as a result of illness, cause high glucose readings and interferes with the actions of insulin
- Have a plan in place for when you are sick

Prevention of Complications

- People with diabetes are 2 to 4 more times likely to have heart disease than someone without diabetes
- Uncontrolled blood pressure with someone who has diabetes leads quicker to stroke and kidney disease risk

Support for those you know with diabetes

- Get to know them
- Know what triggers a high or low blood glucose reaction
- Encourage healthy eating
- Motivate them to exercise
- Provide a healthy meal on a special occasion
- Don't guilt them into eating carbohydrates

Diabetes Resources

<http://ndep.nih.gov/resources/school.htm>

www.diabetesselfmanagement.com

www.diabetes.org

American Diabetes Association

We all need to work together when it comes to diabetes





Further Questions



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